



Healthy Life Center

Education and Navigation

Healthy Life Center
APRIL

Classes will be held **virtually** and **in-person** with appropriate precautions.

VIRTUAL EVENTS

Tuesdays, April 5, 12, 19, 26 **20 Day Whole Food Challenge (4 week series)**

1-2 p.m.
For more information and to register, call 239-468-0050

Wednesday, April 6
Nutrition in the Kitchen: Arthritis & Inflammation
1-2 p.m. RSVP

Thursday, April 7
Head & Neck Cancer: What to Know
1-2 p.m. RSVP

Wednesday, April 13
Gentle Yoga Flow
8:30-9:15 a.m. RSVP

Farm to Feed: Spinach & Greens
10-11 a.m. RSVP

Lifestyle Health: Spring Cleaning
12-1 p.m. RSVP

Thursday, April 14
Manage Your Stress
12-1 p.m. RSVP



Wednesday, April 20

Stay Moving: Daily Exercise Recommendations
10-11 a.m. RSVP

Work-Life Balance
12-1 p.m. RSVP

Wednesday, April 27
Gentle Yoga Flow
8:30-9:15 a.m. RSVP

Thursday, April 28
Cooking with Kat: Kick the Sugar Habit
11 a.m.-noon RSVP

WEEKLY

Mondays
Virtual SHINE Counseling
9 a.m.-3 p.m.
To schedule an appointment, call 866-413-5337

Mondays, Wednesdays, & Fridays
Walking Club Meet-Up
8 a.m.

Wednesdays
Blood Pressure Screenings
10 a.m.-noon

Fridays
SWFL Produce Box
3-4 p.m.
To place an order, visit www.swflproduce.com

IN-PERSON EVENTS

Lee Health Coconut Point
23450 Via Coconut Point, Estero, FL 33928
To register for these events, call 239-468-0050.
In-person events are subject to change depending on COVID conditions in the community.

Tuesday, April 5
Memory Screenings
9 a.m.-3 p.m.
To schedule an appointment, call 239-468-0050

Thursday, April 7
Lee County Sheriff's Office: Frauds & Scams
10-11 a.m. RSVP

4th Trimester Club: Spring Time Fun ☀️
10-11 a.m. RSVP

Friday, April 8
Cooking with Kat: All About Seafood
1-2 p.m. RSVP

Thursday, April 14
Manage Your Stress
12-1 p.m. RSVP

Saturday, April 16
Prenatal Yoga ☀️
9-10 a.m. RSVP

Monday, April 18
Mobile Blood Drive
10 a.m.-3 p.m.
To schedule an appointment, call 239-468-0050



Monday, April 18
Seniors Blue Book University: Is It Your Hearing or Is It Your Memory?
10:30-11:30 a.m. RSVP
Lunch provided after presentation

Cooking with Kat: Plant-Based Swaps
1-2 p.m. RSVP

Tuesday, April 19
Cooking with Kat: Dessert for Breakfast
10-11 a.m. RSVP

Thursday, April 21
Alzheimer's Caregiver Support Group
10 a.m.-noon RSVP

4th Trimester Club: Healthy Mama, Healthy Baby ☀️
10-11 a.m. RSVP

Monday, April 25
Paint & Plant: Potted Art To-Go
10-11:30 a.m. RSVP
Fee: \$10

Friday, April 29
Rethink Your Drink: Tea Party
1-2 p.m. RSVP



Golisano Children's Hospital of Southwest Florida Family Program



Scan for information

Healthy Life Center is your **destination** for healthy events in **your area**.

RSVP at 239-468-0050
healthylifecenter@leehealth.org
LeeHealth.org/Events





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Healthy Life Center Additional Locations

HEALTHY LIFE CENTER @ BABCOCK RANCH

Cypress Lodge
43511 Bluebird Trail
Punta Gorda, FL 33982

IN-PERSON EVENTS

Tuesday, April 12
Osteoarthritis: "Joint" Us for the Journey
10-11 a.m. RSVP

Tuesday, April 26
Small Space Gardening
10-11 a.m. RSVP



BABCOCK RANCH

HEALTHY LIFE CENTER @ CYPRESS COVE

Oaks Welcome Center
16250 Summerlin Road, Suite 102
Fort Myers, FL 33908

IN-PERSON EVENTS

Friday, April 1
**Your Muscle Mass & More:
Body Composition
Explained**
10-11 a.m. RSVP

Friday, April 8
**Nutrition & The
Immune System**
10-11 a.m. RSVP

Friday, April 29
**Advance Directives:
Making Hard Choices
Easier for Loved-Ones**
10-11 a.m. RSVP



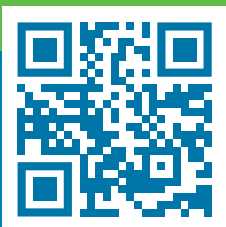
Please call 239-468-0050 for more information and to register.



Personalized Health Navigation Available!

Are you new to the area? Need a new physician? We are here for you!

Call 239-468-0050 to speak with one of our Navigators who can connect you with a wide scope of health services.



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